

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in this Application:

Listing of Claims:

1. (Canceled).
2. (Canceled).
3. (Canceled).
4. (Currently amended) A process for preparing cooked rice in a package which comprises the sequential steps of:
 - coating long grain with a solution of emulsified oil;
 - removing water from the long grain;
 - filling the long grain automatically in a heat-resisting plastic container;
 - repeating 4 to 10 times sterilization of the container filled with the long grain at a temperature of 130° C-150° C and for 4 to 8 seconds each time;
 - cooking the long grain with a solution of emulsified oil as a liquid for cooking; and
 - sealing and packaging the resultant cooked rice.